



FIRST WOMEN IN HISTORY to do organized and directed nursing of the sick as a permanent profession, wore this uniform. Its duplicates are still worn by the Missionary Canonesses of St. Augustine, the Catholic order which originally wore the habit. —Picture by Nurstyle Uniform Shoppe, San Pedro

Uniforms Follow Trend of Styles Chemises Are the Latest Fad

Appearance of the first chemise uniform in downtown Torrance last week, worn by Lorene (Mrs. R. J.) LeBlond, 1451 W. 218th st., demonstrates the trend of uniforms in following the current fashion changes.

The chemise is the most definite style change in uniforms in the past quarter of a century, when the Jazz age brought with it the low waisted, knee length uniform.

Mrs. LeBlond has been enjoying her "bag" and the attention it attracts from both men and women.

"Fashion-wise," she says "every girl should have one. As for comfort, there is nothing like it."

Feminine reaction has been favorable and most girls who wear uniforms in the course of their work, decide, after seeing it modeled, that they too, will have one.

Masculine viewpoint so far has been standard, "Guess it will have to grow on me."

Nurses' uniforms have been worn since the year 1242, when the Catholic Order of Canonesses of St. Augustine, organized and directed nursing of the sick as a permanent vocation. Present day Missionary Canonesses of the order still wear the same habit as their original founders.

In the year 1540, there were six women at the court of Henry VIII, who cared for the sick and wounded and served as mid-

wives. They dressed alike though their "uniforms" were dressy and they wore a long veil, hanging from the back of the head, to the hems of their gowns.

Again in 1775, when the first nurses, women from local churches, made an appearance at the Battle of Bunker Hill, and George Washington commissioned Molly Pitcher as the first woman lieutenant in the Continental Army, uniforms were full skirted dresses, worn with short cape and frilled bonnet.

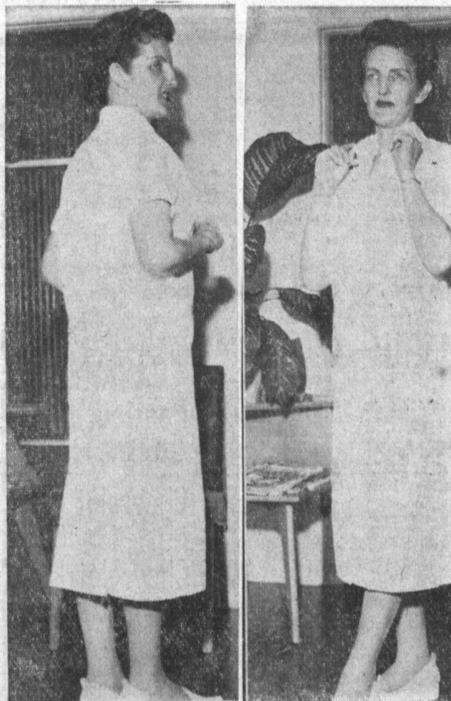
The 1800's saw the birth of nurse uniforms in a style which lasted with minor variations until the 1920's when extremes in dress style carried along to the nurse uniforms.

Since that time there have been minor changes in uniforms for nurses, factory workers, and gardeners. Colored uniforms were introduced, and some industries favored uniform "jumpers".

How popular the chemise uniform will become, remains to be seen. Meanwhile, Mrs. LeBlond, for one, is thoroughly enjoying hers, and the fun it always is for a woman to be "the first".



FASHION MODE OF THE DAY was exemplified in this uniform of the Jazz Age, year of 1925. It would be unfair to say that all nurses of the era wore such extreme uniforms but many of them did. —Picture by Nurstyle Uniform Shoppe



FIRST CHEMISE UNIFORM to be seen in Torrance, is worn by Lorene (Mrs. R. J.) LeBlond, 1451 W. 218th st., receptionist for a local doctor. Since she first appeared in the new style about a week ago, she has attracted a lot of attention. "I love it," says Mrs. LeBlond. "Fashion-wise, it's fun to be first. As for comfort, there's nothing like it."

Woman's Club Will Honor Past Presidents; Plan Hat Parade

A luncheon to honor past presidents of the Torrance Woman's Club will be held at the clubhouse on Wednesday, April 2.

Program will include the showing of a film, "Beautiful Switzerland," with producer Hans Frischknecht playing the hackbret and Hans Jr. playing accordion and bass fiddle.

Those having February, March or April birthdays, are asked to call the reservation chairman, so that they may be seated at a special birthday table. Anyone having such a birthday date, and holding permanent reservations for the luncheons, is asked to still call for the birthday table reservation.

Plan Fantasy
A headdress fantasy with nursery rhyme theme, has been planned for May 7. Senior and Junior Woman's Club members are eligible to compete for prizes in a hat parade in which they must wear hats decorated at least

75 per cent with fresh flowers, fruits, foliage or vegetables. There will be four categories to enter, Most Beautiful, Most Original, Zany or Comical, and Theme. Hats should be titled if possible. Contestants may enter only one category. There will be a sweepstakes winner and prize winners in each category. Members are asked to make reservations early with Juanita Thomsen, as the accommodations will be limited. Guests are welcome but may not enter the contests. A spring luncheon will follow the hat parade.

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Put Your Best Foot Forward

By
FLORENCE MARY BLAKE
Lecturer, Teacher, Consultant

If the wheels of your car were badly out of alignment you would certainly agree that they should be fixed even at a strain on the family budget, wouldn't you? It would be clearly evident that this could ruin your car eventually.

But what about our bodies? How many women (and men, too), do we see whose 'chassis' are all out of kilter and who are daily developing more "squeaks" in the form of aches and pains or lack of pep and alertness? There are no "trade-in" values and once we wear out, we must just put up with the misery that follows.

We must give nature a chance by caring for and handling our bodies so as to get the maximum "mileage" or efficiency. Here is how to do it and how to check your own posture.

First, though, do you realize that it is possible for you to appear serene or irritable, tolerant or critical, amiable or bossy, calm or nervous, all by the way you stand, walk, sit, and move? Correct posture gives you the exhilaration associated with youth. It streamlines your body and gives resistance to fatigue — that deadly enemy to beauty and disposition.

Check Yourself
Please go and stand in front of a full-length mirror. Stand tall, with your ear, shoulder, hip, and ankle all in a straight line. Can you do it? Or, does your head pull forward and do your hips protrude? Relax your shoulders and try again concentrating on centering the weight of your body evenly on both feet. Now, pull your waist up out of your hips. If you get a tape measure and try this again, you will be happily surprised to find that you can reduce the size of your waistline nearly an inch by this simple corrective measure alone.

Check yourself frequently during the day. Are you standing correctly with the waist pulled up? If you will make the effort your waistline won't sag and encourage unflattering bulges to accumulate there. If you have a few bulges, this will help them not to show as much until you can get busy with one of the simple exercises to eliminate them entirely. A trim, slim, midriff is the secret of a youthful figure and will go a long way to make even inexpensive clothes look wonderful on you. If you are interested in a few "waist-whittling" exercises, do let me know and I will include them in a future column.

Symphony Hostesses Have Easter Program

Torrance Junior Woman's Club members who will act as hostesses for the South Bay Torrance Civic Symphony concert Monday evening, March 31st, in Torrance High School, are: Mrs. Lee Allen, Douglas Horder, Robert Voien, William Zappas, Rodney Buck, Willard E. Irwin.

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Signed,

Albert Isen

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